

### Serving the Youth of Our Community

Meet *Stephanie Brown*, the newest edition to the Safekey staff. Stephanie has joined the Safekey East Office as a recreation leader. She comes to the city of Las Vegas from Southern California. While living in California, Stephanie gained several years of experience in Leisure Services as a recreation leader for the city of Buena Park. There, Stephanie ran after-school and summer programs at the parks. She also regularly volunteered at the local Boys and Girls Club, as well as the American Red Cross. Stephanie is currently pursuing a degree in education with an emphasis in speech communication.

When not working, Stephanie enjoys spending time with her friends and family. She frequently travels, goes to concerts, and loves spending time outdoors. She also loves sports, especially Angels' baseball. Stephanie is looking forward to the upcoming challenges and is excited to contribute to making this school year in Safekey one of the best yet! 🌅



### Safekey 2008-2009 Staff Pre-Service Training



Both returning and new Safekey staff attended staff training August 18-20 in preparation of the upcoming Safekey 2008-2009 school year. Over 300 staff members attended training at Palace Station and learned new policies and procedures, registration information and information distribution procedures. Staff also received some new ideas on games, crafts and dances that they could share with the children and exchanged ideas on special events and on-site activities. Safekey strives to provide a safe and fun environment for your child. Take the time to meet all the Safekey Staff at your site. 🌅



"Musical chairs  
that you wear!"

## Game Time Musical Chairs



**T**his game is for 4 or more players. To play, you'll need a boom box and a bag filled with a lot of clothing. Pick one person to play the music, and have everybody else stand in a circle. When the music starts, the players pass around the garbage bag. When the music stops, the person with the bag puts on a piece of clothing. The game continues until the bag is empty. The person wearing the most clothes at the end wins! Then everybody has to dance! 🌅



## r.a.d.Kids® Las Vegas



**S**afekey is proud to once again offer three r.a.d.KIDS® programs to Safekey participants this school year. r.a.d.KIDS® is a program designed to build children's self esteem and provide personal safety education. During the Safekey 2007-2008 school year, 350 children participated in the r.a.d.KIDS® program. Safekey graduated 200 of these participants. 🌅

# Safekey Unit

## Fit Kids Club

### Get Active Fitness Sports and Nutrition Program

Nearly 2,500 Safekey participants were active in a Fit Kid activity from January-July 2008. Fit Kids members enjoyed learning about safety with the r.a.d.KIDS® personal empowerment program, Whales Tales pool safety and CLV Fire Department fire safety programs, nutrition and fitness facts, and a dance and sports specialist. Nearly 400 turned in a Fitness Contract. Fit Kids activities will begin again in September. You can get a start by tracking your Energy Out. If you are not getting your recommend 60 minutes of exercise a day get up and get moving. 🌅

## "Energy Out" Tracker Log



### Tips for Tracking "Energy Out"

- **Choose an activity.** Just about any activity where you're using large muscle groups and burning energy counts. Playing football. Taking a karate class. Even doing chores around the house. You can track your "Energy Out" by yourself or together with family and friends.
- **Get active.** Your goal is to meet your daily activity goal (60 minutes a day at least five days a week).
- **Track your activity.** Your Tracker Log makes it easy for you to track the time you spend on activities in amounts as short as five minutes.

TRACKING YOUR "ENERGY OUT"			
Be physically active for at least 60 minutes each day. Track at least five days per week!			
WEEK 1	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

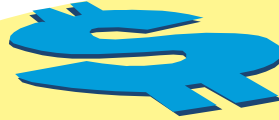
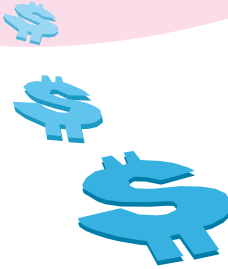
TRACKING YOUR "ENERGY OUT"			
Be physically active for at least 60 minutes each day. Track at least five days per week!			
WEEK 3	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TRACKING YOUR "ENERGY OUT"			
Be physically active for at least 60 minutes each day. Track at least five days per week!			
WEEK 2	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TRACKING YOUR "ENERGY OUT"			
Be physically active for at least 60 minutes each day. Track at least five days per week!			
WEEK 4	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

## New Payment Policy

**B**eginning August 25, 2008, the city of Las Vegas Department of Leisure Services embarked on a new payment policy for Safekey. Safekey sites will only accept payments in the forms of check, debit card, money orders or credit cards. No cash payments will be taken on-site. The no cash policy was initiated to ensure the safety of staff and patrons of the Safekey programs. Clients who wish to pay cash must do so at one of the approved cash payment sites. Lists of cash payment sites are available at your Safekey location. Payments must be made before the Monday preceding program attendance. Call 229-2526 or 229-3399 if you have any questions. 🌅



## Financial Assistance, Employer Reimbursement Vouchers, and Scholarships

**T**he city of Las Vegas Safekey Program accepts employer-issued child care assistance vouchers, State of Nevada Division of Welfare and Supportive Services Child Care Development Program vouchers (formerly EOB) and Community Development Block Grant scholarships. The acceptance of vouchers and scholarships is a service to the community and helps keep the program affordable for many families. Please follow instructions below if you wish to use any of the financial assistance methods listed.

**Contact your employer for any employer-issued child care assistance information.**

The State of Nevada Division of Welfare and Supportive Services Child Care Development Program (formerly EOB) is located at 2500 W. Washington Avenue or call 387-0985 if more information is needed.

Community Development Block Grants scholarships (CDBG) are available for participants who wish to register in city of Las Vegas Safekey and recreational programs. The application process is easy. Assistance is limited, offered on a first-come, first-served basis and is site/program specific. Applicants must reside within the city of Las Vegas boundaries to qualify for CDBG financial assistance. Applicants who reside in Clark County, North Las Vegas, Henderson or un-incorporated Las Vegas are not eligible for CDBG assistance. Application instructions are available on-site at your Safekey location or at the East and West Safekey District Offices. Call 229-2883 if you require additional information. Beginning July 1, 2008, CDBG program assistance is awarded for weekly registrations only for Safekey and seasonal camps. 🌅

## Giving back does a body good!

**D**id you know that another great way to get exercise is by volunteering? Volunteering can make you feel good inside and out, and is a way to help someone else get up, get out, and get moving. The following is a list of ideas for getting exercise while volunteering:

- **Help a Senior Citizen** - Share your time with an older person.
- **Care for Animals** – Walk a neighbor's dog or care for their pets.
- **Community Clean up** – Start a clean up project in your community. Help clean up community parks or neighborhood homes.
- **Walk-a-thon** – Participate in a walk or jog-a-thon for an organization.
- **Community Gardening** – Find a community garden and help out.
- **Help People with Disabilities** – Get to know someone with a disability and find out ways to help.
- **Help the Hungry or Homeless** – Help collect food, clothing or other items for the homeless.
- **Help Kids** – Collect items such as toys or books for hospitals or shelters.



**All volunteer projects should be done with the approval of your parent or guardian.**

## Play it safe!

**Keep the following things in mind to keep you safe when you go out to play.**


- **Hydrate** – Even in cool weather your body needs enough fluids in order to function properly. Take a sip of water every 15 minutes from a fountain or water bottle.
- **Warm up** - Before participating in a moderate to vigorous activity, make sure you have warmed up your muscles in order to avoid injury.
- **Check In** – When alone or playing with friends, make sure you check in periodically with an adult, parent or guardian.
- **Keep it Safe** – Play in well lit areas. Although thick bushes or buildings are fun to explore, stay away from these places if you are alone or don't know the area.



## Back to nature!

**T**he two decades that have showed the largest increases in enrollment in organized sports leagues have also showed the largest decline in children who go outside and engage in independent play. Less than 6% of children ages 9-13 enlist in active play that does not include an organized sport. Safety was cited as the biggest influence in this change of habit but adolescence also plays a large part in the trend. Boys are almost three times more likely to play independently than girls but the Center for Disease Control (CDC) still reports that 32% of kids under 18 can be described as obese. In urban areas, many kids have never even climbed a tree. Richard Louv, author of "Last Child in the Woods", states that children who are given the opportunity to explore nature have...

- **Better focus and concentration**
- **More creativity**
- **Higher self-esteem**
- **Less stress**

**T**hese children are also more inclined to protect parks when they grow older. So get back to nature with your family. If safety is a concern, arrange nature play dates with other families and visit a national or community park near where you live. 



## Special Message

Unscramble the tiles to reveal a message.

O F	T H E	B A C K	Y P R	T O	O G R A
M !	O M E	F E K E	W E L C	S S A	C I T Y
V E G A	L A S				


*Created by Puzzlemaker at [DiscoveryEducation.com](http://DiscoveryEducation.com)*



Can you figure it out?

*Fast Food*



Sally, George, and Frank were picking up their fast-food orders — a burger, a plate of fries, and a slice of pizza. "Who ordered what?" asked the man at the counter. George said, "I didn't order the pizza." The boy who ordered the fries said, "Oh, I thought you did." That was all the man at the counter needed to know. Who got each order?

*Answers on the last page*

## Kid-Friendly Recipe

### Banana Smunchies

**Here's what you will need to make it:**

1 ripe banana  
1/3 cup of peanut butter  
graham crackers  
spoon  
small mixing bowl  
plastic wrap

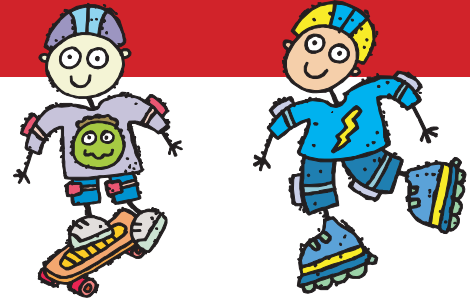
**Here's what you have to do:**

1. Check with a grown-up before you start this.
2. Use a spoon to mash the banana with the peanut butter in a small mixing bowl.
3. Put a spoonful of the banana and peanut butter mixture onto half a graham cracker.
4. Cover with another graham cracker half so it looks like a sandwich.
5. Wrap your smunchies in plastic wrap and put them in the refrigerator.

Resource: [pbskids.org/zoom](http://pbskids.org/zoom)



**PARENTS!** Submit a Kid-Simple recipe today via e-mail to [iwilliams@lasvegasnevada.gov](mailto:iwilliams@lasvegasnevada.gov). It may be chosen for our next newsletter!



**S**afekey is off to an exciting start. The 2008-2009 school year already promises to be one filled with positive recreational experiences for our participants. Though summer still lingers in the Valley, autumn is not far away. It appears that staff would be in agreement with the many Regions Shout Outs that were received for the first newsletter.

The Edwards Safekey staff is dedicated to not only a safe environment, but also making Safekey a fun place to be. They involve the participants in designing the activities and schedule. Some games they have introduced this year are water t-shirt relay, water polo tag, and an oversized memory game. These are only a few of the activities the participants engage in. They also celebrate the participants birthdays once a month. The Edwards lead, Ester, borrows craft books from the local library to teach the participants new craft projects. The Edwards Safekey program enjoys working with the participants and making it a great experience. Edwards Safekey is located in Region 1.

Region 1 welcomes a new Recreation Leader to the City of Las Vegas., Mellissia Fredriksen. Mellissia has 25 returning staff and two new members that joined the Region 1 team. The pride of Region 1 is their bulletin boards. Each school decorates their boards monthly. The staff showcases monthly themes and post important information for the parents on the boards.

The East District is thrilled to have Joe Gammett as the Art Specialist. Joe is a retired Art Teacher and has nearly 40 years experience teaching crafts to children and brings a plethora of art knowledge to the Safekey sites. Recently Joe was at Wasden Elementary School where he and staff member Ashley Porter, helped the children enrolled in morning Safekey create a rollercoaster using pipe cleaners and construction paper.

Region 5 would like to showcase some of the exciting programs that are occurring at Eisenberg Safekey. The site has a new site Leader this year, Char McQueen. Char has become extremely popular with her staff and participants in a relatively short time. On September 30, the staff and participants will be putting on a hand puppet play titled "Billy Goat Gruff". Beginning Friday, October 10, Char and staff will begin introducing Forensic Fridays to the children.

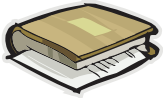
Region 5 would also like to "Shout Out" Roy Lesure. Roy has been with Safekey for nearly 3 years. He exemplifies the true spirit of Safekey. Roy is a team player who is willing to share his skills and talents with everyone.

Region 6 has been extremely busy this year. A new Safekey site was opened at O'Roarke Elementary School. O'Roarke is located in the far Northwest at Durango and O'Hare Road. The number of participants is growing daily. O'Roarke averages 80 children in the morning and approximately 65 in the afternoon. Creative staff members are introducing a wide variety of arts and craft projects daily. There are many popular outside activities which the staff includes as components in the Fit Kids Club Activity Program. 🌅



## Safekey Web Link

You can now access pertinent information regarding safekey on the city of Las Vegas web page. By logging on to [www.lasvegasnevada.gov/information/15893.htm](http://www.lasvegasnevada.gov/information/15893.htm) you can access information regarding FAQ, registration locations, safekey sites, financial assistance, registration, parent handbooks, cash payment locations, Safekey News program newsletter, Fit Kids Club contracts and much more. The page was developed to provide parents and participants a format for Safekey information 24/7. 🌅



## Homework Hotline



**What:** Homework Hotline provides assistance to students who need help with their homework, especially math. 🌅

**When:** Homework Hotline is available Monday through Thursday beginning on September 8, 2008, through June 11, 2009. Telephone lines will be open from 3:30-5:30 p.m., and some homework questions will be presented on television from 4:00 p.m.-5:00 p.m. 🌅

**How:** Students will be able to see those questions and solutions on Cable Channel 96 or 111 if they are at home. 🌅

**Call 799-5111 for more information.**



## Employment Information

Safekey is always looking for qualified, creative and dynamic part-time staff to work with youth in our programs. Persons selected for employment for Safekey will have to pass a drug test and background checks. The cost of these procedures is \$52.10. 🌅

### Available Positions

#### Safekey

- Site Leader
- Site Assistants
- Cashiers

#### Health Initiative

- Sports Instructors
- Dance Instructors
- Specialty Instructors
- Nutrition Specialist

**WE NEED YOU!**

**Answers**

### Special Message

**WELCOME BACK TO THE CITY OF LAS VEGAS SAFEKEY PROGRAM !**

### Figure It Out

George got the burger, Frank got the fries, and Sally got the pizza. We know George didn't get the pizza, so he could have gotten the fries or the burger. But someone else got the fries, so George had to get the burger. Furthermore, we know that it was Frank who got the fries, because he is the only other boy in the group besides George. So that leaves Sally with the pizza. 🌅

